Warringah Aquatic Centre

northern beaches council

Warringah Aquatic Centre
Frenchs Forest

Opening hours

Indoor pool
Monday - Friday
5.30am - 9pm

Weekends & Public Holidays
7am - 6pm

Outdoor pool
Summer Season
Sep - Apr

Closed
Christmas Day
Good Friday

Contact us

9451 8000
aquatic.centre@northernbeaches.nsw.gov.au
northernbeaches.nsw.gov.au

Our friendly and experienced staff are waiting for your call or email. Please do not hesitate to contact us with any enquiries no matter how big or small. Or just drop by and we can show you around.

We are here
Aquatic Drive, Frenchs Forest NSW 2086

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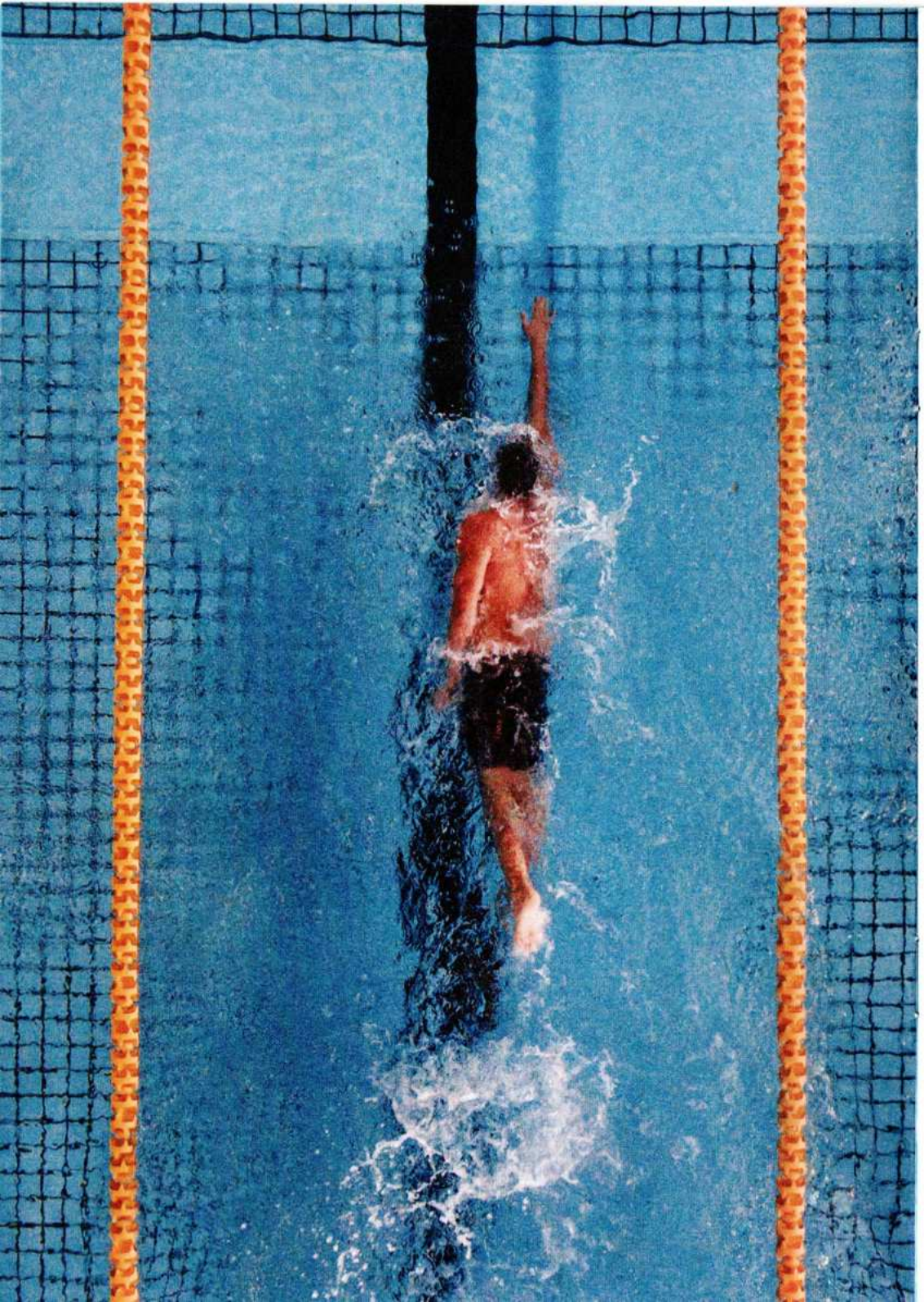
Serving the community for over 40 years



About us

Enjoy a fun day out with your family. Learn to swim, improve your fitness or get ready for upcoming competitions - Warringah Aquatic Centre has it all!

We offer a range of activities, including:

- Casual swimming
- Lap swimming
- Learn to swim for all ages
- Fitness classes
- Schools programs
- Holiday programs
- Seniors' fitness classes
- Birthday parties
- Pool inflatable days
- Splash pad
- Diving boards

Warringah Aquatic Centre has been owned and proudly managed by Council since it opened in November 1979, previously hosting the NSW and Australian Swimming Titles and the 1992 Olympic Trials.

Facilities

Enjoy our indoor and outdoor facilities including:

- An indoor 50 metre heated pool with movable boom, for short or long course swimming
- A diving pool with 1 metre and 3 metre high diving boards
- An outdoor heated 25 metre pool
- A children's interactive splash pad
- Outdoor gym
- BBQ facilities and picnic tables
- Kiosk

Fun for everyone

Interactive splash pad

A day of fun is guaranteed with interactive water play suitable for toddlers to adults. Open throughout the summer season.

Diving boards

Come and try our 1 metre and 3 metre dive boards. We even let you do 'bombies'! Open throughout school holidays and various times throughout the week. Give us a call to find out when it's next available.

Pool inflatable

Our monster pool inflatable is literally hours of fun. Can you make it to the end without falling off?

Available in the school holidays, Monday to Friday, 12.30pm - 3.30pm (except public holidays) and selected weekends. Give us a call to find out when it's next available.

Water classes

Fun water classes are available to assist you improve your fitness. Moving in water is a great way to build strength, tone muscles and increase cardiovascular fitness. Water classes are suitable for adults of all ages and fitness levels.

Aquaerobics

This is a very low impact cardiovascular and muscle toning workout to improve flexibility, fitness and mobility.

Deep water

This class is a non-impact class using a buoyancy belt and the water's resistance to help develop your fitness, mobility and flexibility.

Water workout

This deep water class is ideal for rehabilitation or conditioning by building core strength through water walking and running.

Bookings not required
Adult classes 17 years +

Dry classes

The centre offers Pilates and senior fitness classes, suitable for all fitness levels. Classes are taught by qualified instructors and focus on strengthening and toning muscles. There is a maximum of 14 participants per class. Please bring a towel and a mat to each class.

Pilates

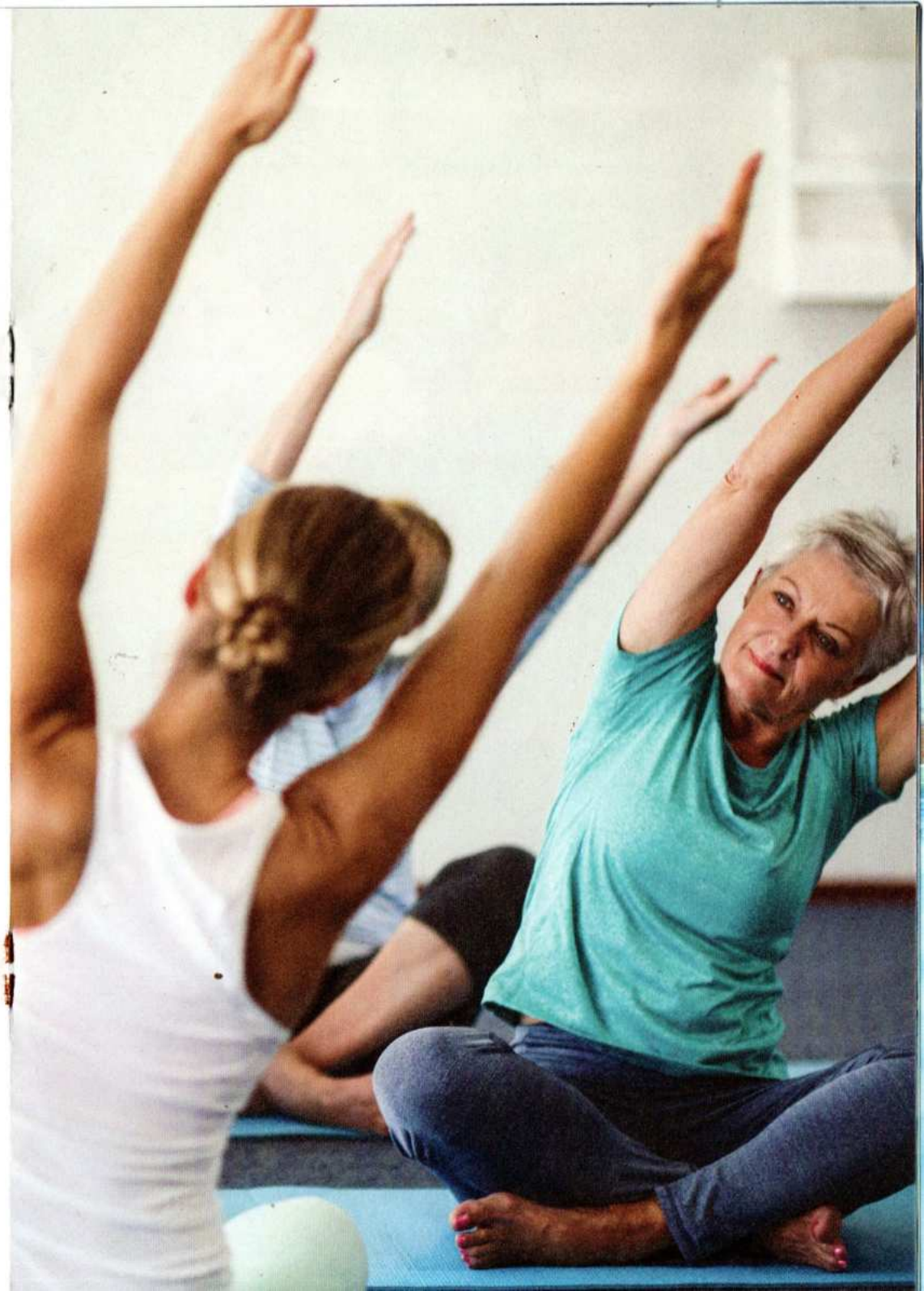
Pilates is a low impact form of body conditioning that brings together muscle control, breathing, flexibility, strength training, and body awareness. It consists of a series of movements that use both the body and the mind. It reduces stress, can prevent injury and improves flexibility. Once you have tried Pilates, you will keep coming back.

Bookings are essential
Adult classes 17 years +

Seniors' fitness

An ideal program for our mature aged patrons. This unique program offers you a gentle workout in and out of the water. Being physically active can prevent joint and muscle problems, osteoporosis and improve your quality of life. Also a great way to meet new friends.

Bookings not required
Seniors' classes 55 years +



Birthday parties - make a splash!

'Make a Splash' is a fantastic way for your children and their friends to celebrate a birthday.

Our giant pool inflatable is available for hire for birthday parties on Saturday and Sunday afternoons. Birthday parties are held in our indoor pool, heated to a tropical 27 degrees, so you can party all year round!

Watch as your child and their friends, slip, slide and laugh while they negotiate their way along the inflatable or dive off the diving boards for an hour's worth of entertainment; all while being supervised by experienced friendly staff.

- Available Saturday and Sundays
- Suitable for children aged 6+
- Party invitations supplied
- Bookings essential

Catering

A range of catering options are available for your convenience.

You can:

- self-cater
- use our kiosk facilities or
- use our BBQ located in one of the outdoor areas.

Learn to swim

Warringah Aquatic Centre is the home of swimming lessons on the Northern Beaches with a proven record of success. We have the highest quality programs and passionate qualified instructors to cater for your needs.

Our learn to swim program is delivered in 30 minute sessions designed to teach children in a fun and interactive environment. Bookings are essential so please call us today so we can get you started.

Parent and child classes from 18 months

Develops water familiarisation, water confidence and safety in a fun environment with interaction between child, parent and instructor.

Pre-school learn to swim

Teaches essential swimming skills in freestyle and backstroke with correct breathing techniques. Water safety skills are included through fun activities.

School-aged learn to swim

Teaches essential swimming skills in all strokes as well as incorporating water safety.

Special needs programs

We offer swim programs for children with special needs, encouraging inclusion within our current programs.

Adult programs

It's never too late to learn to swim, improve your swimming strokes or increase your fitness level. Our experienced coaches offer a personalised service that is educational, motivational and fun.

Adult learn to swim and stroke correction

We know that learning to swim as an adult can be scary. Lessons start in shallow water where you can be confident that your feet will touch the ground. Our experienced instructors will guide you through the program at your own pace, only moving forward when you are confident and ready. We cater for absolute beginners through to more competent swimmers.

Classes are small and all participants receive individual attention, progressing at their own pace.

Don't hesitate any longer - give us a call today and in no time you will be swimming with your family.

Bookings are essential.

SwimFit

Want to increase your fitness level as well as improving your technique? Our experienced swim coach will motivate you through fun swim sessions that focus on swimming for health and fitness as well as tips on technique. There are numerous sessions available throughout the week, spanning from 30 minutes to one hour. Give us a call to find a session time that suits you.

Bookings are not required.

More programs

Springboard diving classes

From children to adults, this unique program teaches you the basics in diving from the 1 metre and 3 metre springboards. Our experienced diving coach will guide you through the skills required to progress from beginner through to intermediate diver, while having a ton of fun Sessions are available now, so give us a call to find a session time that suits you.

Bookings are essential.

Intensive school holiday learn to swim programs

Fast track your child's swimming ability with our intensive learn to swim program. The daily reinforcement of these skills can significantly accelerate their progress. Held each school holidays, lessons run for 30 minutes each day from Monday to Friday (excluding public holidays).

Bookings are essential.

Stroke and carnival holiday clinics

Do you have a school carnival coming up or just want to focus on a specific stroke? Come and try our school holiday clinics that will prepare you for that important event. Experienced instructors will guide you through the skills required for your big day.

Bookings are essential.

Private learn to swim lessons

Private one-on-one learn to swim lessons are available for all levels and abilities with experienced qualified staff. Call us to find a time that suits you.

Bookings are essential.

Schools Programs

Our centre has a number of programs tailored to school groups including learn to swim, water safety, aquaerobics and group fitness classes. We cater for all levels and abilities and can tailor a program to suit the needs of your school's learn to swim or sports program.

Please contact us to discuss.

Contact us

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